

Vampire
Dawn

Bloodsucking
for
Beginners

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Welcome

Shroud-eater, vampire, upir, revenant, undead, bloodsucker ...

We have been called all these names – and more. Whatever name is current in your location and time, welcome!

So, now you're a vampire. It will take a bit of getting used to. Sometimes you will be angry,

sometimes you will be resentful – and sometimes you will be excited. Try to take it all in your stride.

Eventually you will feel at peace with your new self. And you have all the time in the world for that to happen.

In the meantime, this guide will help you to get to grips with the day-to-day business of being a vampire.

It will cover all you need to know, including:

- Your vampire body
- The A – Z of daily life as a vampire
- Dealing with the NV ('non-vampire') world
- Living forever

- Vampire science
- Vampire fact and fiction
- Vampire history
- Vampire FAQs.

So, let's begin.

Your Vampire Body

Vampirism is a medical condition.

It has effects on your body (*physical effects*) and on your mind (*psychological effects*).

You may find these strange at first, and hard to get used to. Don't worry: you will soon adapt.

What seems odd and unnatural now will seem perfectly normal in a hundred years or so. In fact,

some vampires forget what it was like to be any other way.

You will have noticed some of these changes in yourself already; others will become obvious over time.

Physical Effects

Urgent hunger for blood

Your body has an increased need for iron, now you are a vampire. The need for iron produces a hunger for it that is manic if not controlled by drugs.

Blood is rich in iron. The urge to feast on blood will feel very strong. Do not be alarmed: this is normal.

Lack of normal hunger

You no longer need to eat ordinary food and, indeed, you cannot easily digest it.

Normal food may make you vomit.

Reduced heartbeat

Your heartbeat may be almost undetectable, especially when you are asleep or in a coma. You may appear to an observer to be dead.

As a result of your slower heartbeat, you will have low blood pressure and you will not bleed if injured.